

Meningitis and septicaemia

Meningitis
now

Know the signs and symptoms

Symptoms can appear in any order. Some may not appear at all.
Early symptoms can include:

fever headache vomiting diarrhoea
muscle pain stomach cramps
fever with cold hands and feet

Trust your instincts -
get medical help
immediately



Babies and Toddlers



Fever, cold hands and feet



Refusing food and vomiting



Fretful, dislike being handled



Drowsy, floppy, unresponsive



Rapid breathing or grunting



Pale, blotchy skin
Spots/rash



Unusual cry, moaning



Tense, bulging fontanelle (soft spot)



Stiff neck, dislike bright lights



Convulsions/seizures

Children and Adults



Fever, cold hands and feet



Vomiting



Drowsy, difficult to wake



Confusion and irritability



Severe muscle pain



Pale, blotchy skin
Spots/rash



Severe headache



Stiff neck



Dislike bright lights



Convulsions/seizures

Meningitis and septicaemia can affect anyone, and can kill within hours.

Call our Meningitis Helpline on **0808 80 10 388** for your symptoms card.

Keep this card safe
It could save a life

Common signs and symptoms for meningitis and septicaemia

Meningitis now

Meningitis Helpline
0808 80 10 388 (UK)
www.MeningitisNow.org

Supported by the Peter Eckstone Foundation

